

Honey Mustard Baked Chicken Tenders

Adapted from The Busy Mom's Make It Quick Cookbook

Serves 4

1 ¼ pounds boneless chicken breasts sliced thin
1 tsp honey
¼ cup Dijon mustard
¾ tsp lemon juice
½ cup cornflake crumbs
1 tsp garlic powder

Fat free Honey Dijon salad dressing for dipping (for example, Maple Grove Farms)

Preheat broiler on high
Line a broiler pan with foil and spray foil with cooking spray
Arrange chicken in a single layer on the foil
Combine the honey, mustard and lemon juice in a small bowl and mix until creamy
Brush mustard mixture on chicken
Broil chicken 7-8 minutes
Combine cornflake crumbs and garlic powder
Sprinkle crumb mixture over chicken without turning the chicken over
Spray the chicken with oil spray and broil 1-2 minutes more until lightly browned

Serve with dressing for dipping

Per serving:
229 calories
20g carbohydrates
2 g fat
33 g protein
71 mg cholesterol
585 mg sodium

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